

## A text Messaging Advice Service

Advice for parents/carers and young people in Portsmouth

Do you need help/support with:

Continen-  
ce  
day/ night  
wetting

General  
health  
questions

Healthy  
lifestyles

Healthy  
weight

Sleep

Emotional  
health and  
wellbeing

Constipation  
and soiling

Fussy eating

Healthy  
relationships

Text **Solent Pulse** on **07491163276** (School Nursing Service) to get advice from a qualified Nurse.

For more information visit [www.what0-18.nhs.uk/solent](http://www.what0-18.nhs.uk/solent)

